Should the Rec Center be expanded? You decide.

Shannon Boren
MUSTANG DAILY

There are few school-related things over which students have control. No one votes whether midterms are a good idea or if 10 minutes is sufficient time to dash from class to class, and rarely do students have a say in new construction and fee increases. The proposed Recreation Center expansion, however, is offering students a chance to voice their opinion in an online vote Wednesday and Thursday.

Associated Students Inc. came up with a proposal to expand the current Rec Center in an attempt to meet the perceived growing needs of the campus community. Now they are looking for students to decide whether the expansion is something they want implemented.

“We’ve run a neutral and informative campaign on what the new Rec Center would entail,” ASI president Brandon Souza said. “We’re not advocating a vote either way; it’s just an informative campaign for students to make an educated decision.” So what would the new facilities include?

To start with, the $72 million plan would double the Rec Center’s current size. The addition would include another 14,000 square feet for the weight and exercise rooms, two new courts for basketball and volleyball, a multi-activity center for sporting and entertainment activities, and a leisure pool in addition to the existing lap pool.

“If you look at some of the other CSUs, many of their Rec Centers are much newer and more amenity-filled than ours,” ASI public relations coordinator Michelle Broom said. “Cal Poly was one of the very first to build one, but now everyone else has a Rec Center and ours is old.”

The project will require a 51 percent approval in order to pass and, if approved, is projected to be completed in September 2011. Though the facilities would remain open throughout construction, very few students currently attending Cal Poly will have a chance to utilize the new additions once completed.

“It’s the idea that students today are preparing for the students of tomorrow,” Souza said. “The Student Union and the Sports Complex were both voted on by students in the past. My dad was class of ’71 at Poly and he voted on the Student Union in ’67 but never got to use it. Unfortunately, Rome wasn’t built in a day and neither are buildings on campus.”

It will also be the students, of tomorrow paying an increased fee of $65 per quarter when the facilities open; current students pay nothing until then. And while these increases do provide benefits, they are also adding to the constantly rising cost of higher education.

CSU fees have nearly doubled in the last five years, and the CSU system recently announced a 10 percent increase for next year in general fees charged to all students.

According to Broom, this is one of the major complaints ASI has been receiving about the proposal. There are students who are putting themselves through school and have jobs,” she said. “They have to really budget their finances, and raising student fees, no matter what it’s for, is a hardship for them.”

Graphic communications senior Cassie Barth understands both sides of the issue. “In general, I think the expansion is good because it benefits students,” she said. “But then again, I think as a student, you should have a say in what happens on campus.”

Costume Capers must relocate by April

Dustin Stone
MUSTANG DAILY

After 23 years of conducting business in downtown San Luis Obispo, the owners of Costume Capers have been given until April 11 to move out of their Chorro Street location due to the safety hazards associated with unreinforced masonry buildings.

The termination of their lease comes hot on the heels of a court ruling from earlier this month that awarded $2 million to the families of two women killed in a building collapse during the 2003 San Simeon earthquake. A jury found 84-year-old Mary Mastini, owner of Costume Capers, to be 25 percent negligent for not reinforcing the 111-year-old structure.

The ruling opens owners of unreinforced masonry buildings up to potential lawsuits from anyone injured on their property during a natural disaster.

Now you can sue Mother Nature, I guess,” said Keith Wetzel, co-owner of Costume Capers.

According to Wetzel, the future of the store is uncertain, but he can understand the need to evacuate the Blackstone Building.

“The upstairs has been condemned for at least 30 years,” he said. “Physically, it’s not safe for anyone to live above. The upright columns aren’t even close to holding up the building.”

For Costume Capers, however, the situation as it turns out, wouldn’t be such a bad thing.

“We’re more of a destination store,” he said. Also, relocating to a large warehouse space would solve many of the store’s current problems with storage and long lines during the holidays, he said.

The diminutive size of the current location leads to a 45-minute wait just to get inside around Halloween.

“Hopefully it will be a positive thing for everybody,” Wetzel said.

As for the Blackstone Building, its fate is as uncertain as that of Costume Capers. The staggering amount of renovation necessary to make it safe makes demolition an appealing choice for its owners. Wetzel said in bricks are so waterlogged that one could easily drive nails through them to have it renovated is beyond what anybody can do.”

Wetzel has been taking out new locations for the shop but cannot say whether or not it will be reopening until he can reach his business partner, who was vacationing out of the country when the decision was handed down.

Finding a space of equal or greater size in the downtown area within the same budget has proved difficult. This has led Wetzel to believe that Costume Capers may relocate to one of the more industrial parts of town, which, as it turns out, wouldn’t be such a bad thing.

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New York Philharmonic arrives in North Korea

Burt Herman
ASSOCIATED PRESS

The New York Philharmonic became the most prominent U.S. cultural institution to visit isolated, nuclear-armed North Korea on Monday, and orchestra members said they hoped their musical diplomacy could bring the two nations closer together.

A stern-faced border guard checked music director Lorin Maazel’s passport before he descended the steps of the plane to the tarmac, where officials welcomed him and other orchestra members with handshakes and smiles. Later, the musicians were treated to a North Korean dance program and a banquet.

North Korea made unprecedented accommodations for the orchestra, allowing a delegation of nearly 300 people, including musicians, staff and journalists, to fly into Pyongyang on a charted plane for the 48-hour visit.

The Philharmonic’s concert Tuesday will be broadcast live on North Korea’s state-run TV and radio, unheard of in a country where events are carefully choreographed to bolster the personality cult of leader Kim Jong Il.

The Philharmonic accepted the North’s invitation to play last year, in part because of what Washington says is North Korea’s failure to give a full declaration of its atomic programs to be disarmed, something it promised to do under an international agreement.

Maazel said despite the political overtones of the trip, it was the right decision to go.

“I think it would have been a great mistake not to accept their invitation,” he said after arriving at the Pyongyang airport.

“I am a musician and not a politician. Music has always traditionally been an arena, an area where people make contact. It’s neutral, it’s entertainment, it’s person to person,” Maazel said.

He said if the music moves the audience, “we will have made whatever contribution we can make to bringing our peoples just one tiny step closer.”

Later, Maazel and orchestra members attended a performance that featured folk dancers and was largely devoid of the ideological content typical of most North Korean shows.

Only the last number was overtly political: A woman dressed as guerrilla and brandishing a red scarf performed a dance dramatizing Korean resistance to Japan’s colonial occupation before World War II.

State

OAKLAND (AP) — You know you’re in a different kind of college when a teaching assistant sets fire to marijuana plants down in the middle of a lab and no one blinks a bloodshot eye.

Welcome to Oaklandern University, a new trade school where higher education takes on a whole new meaning.

The school prepares people for jobs in California’s thriving medical marijuana industry. For $20 and the cost of two required textbooks, students learn how to cultivate and cook with cannabis, study which strains of pot are best for certain ailments, and are instructed in the legalities of a business that is against the law in the eyes of the federal government.

SACRAMENTO (AP) — Irene Hunt, the common-law wife of a self-styled religious leader, has been sentenced to 14 years in prison for transporting her 7-year-old son to have sex with an adult.

Hunt’s common-law husband, 60-year-old Allen Harrod of Sacramento, was found guilty earlier this month of transporting minors for immoral purposes.

He was accused of engaging in ritualistic sex acts with children from two families for more than a decade as part of a religion he claimed to have started.

National

GREENSBORO, Ga. (AP) — Nearly four decades after this rural Georgia county stopped segregating its schools by race, it wants to divide students again — this time by sex.

Greene County is set to become the first school district in the nation to go entirely single-sex, with boys and girls in separate classrooms — a move born of desperation over years of poor test scores, soaring dropout rates and high numbers of teenage pregnancies.

“At the rate we’re moving, we’re never going to catch up,” Superintendent Shawn McCollough told parents in an impassioned speech last week. “If we’re going to take some steps, let’s take some big steps.”

DEKALB, Ill. (AP) — Northwestern Illinois University students returned to campus Monday ready to get on with their semester, even as the deadly shooting rampage 10 days ago weighed heavily on their minds.

“It’s going to be a ‘lean on you’ day,” MyaAubrey said despite the political overtones of the trip, it was the right decision to go.

“Even if you’re going to a theater, you can feel it,” said Joseph Nordstrom, a 25-year-old industrial management major from Chicago.

Students wearing red lapel pins in honor of their school colors returned to lectures and labs Monday as classes began for the first times since the Feb. 14 shootings.

International

PRETORIA, South Africa (AP) — South Africa said it will allow elephants to be killed to control their population, reversing a 1994 ban and immediately drawing criticism from animal rights activists.

In a government statement given to reporters Monday, killing elephants is described as one way of managing growing populations.

The government in 1994 banned culling the elephant population, but since then, the number of the giant beasts in the country has ballooned from 8,000 to more than 20,000. The new policy becomes official Friday.

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**POLICE BLOTTER**

Feb. 21, 23:40 - Officers investigated a complaint that someone had urinated on the door at a tower apartment.

Feb. 21, 16:45 - Officer responded to a complaint of a possibly mentally ill subject at the Health Center. The subject was transported to the County Health Center for evaluation.

Feb. 21, 11:32 - Officers responded to complaints of a subject behaving strangely and in a threatening manner. The subject was identified and directed to leave campus.

Feb. 20, 12:30 - Officers investigated a complaint of theft at Mott Gym. Unknown suspect(s) removed a banner posted outside the building.

Feb. 20, 09:26 - Graffiti was reported at the Alex G. Spanos Stadium.

Feb. 20, 08:56 - Graffiti was reported at the Performing Arts Center ticket booth.

Feb. 19, 12:39 - A suspicious person at the bookstore was reported to the University Police Department. The subject was determined to be a transient and left campus.

Feb. 18, 13:46 - Officers contacted an individual concerned about somebody possibly following her.

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9am - 3pm

Save up to 75%

- on Cal Poly clothing & emblematic gifts,
- seasonal gifts, general reading books,
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- art supplies, textbooks and more!

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If painting is a language, is this thinking or observation?

Squeak Carnwath’s Cuesta College exhibit begs the question

Brian McMullen
MUSTANG DAILY

Artist and UC Berkeley professor Squeak Carnwath’s brain is on display at Cuesta College. Well, not exactly, but as much as she could fit on nine huge canvases.

The exhibit showcases newer paintings and prints from the highly awarded Oakland-based painter whose career began in 1971.

The collection is brimming with complexity. It’s hard to stand back and view the paintings from a distance. After taking in the image as a whole, it’s necessary to step closer and examine the finite details, some of which look accidental. It’s also hard not to focus on the paintings’ similarities as much as their differences.

Each piece, with the exception of one, appears earthy and stained from Carnwath’s application of hundreds of layers of paint and alkyd, a substance that assists in the building-up of glazes. On top of this, and in almost every piece, she paints symbols such as a black vase or urn, the bust of a sad man with shaggy hair and a stubble-beard, tree trunks, vinyl records and dashed lines that cordon off “Guilt Free Zones.” In an interview posted on UC Berkeley’s Web site, Carnwath said the guilt-free zones serve as a place to give herself a break from the emotions presented by the rest of the pieces.

The pieces don’t really demand an emotional response; it’s subtler than that.

Each painting challenges viewers to think, yet each makes statements in a plain, clear manner, often through the childish handwriting on binder paper that adorns some of Carnwath’s works. Some of these messages are humorous; others invoke an “oooh” or “hmmm.”

On “The Whole Truth,” a piece of binder paper reads, “Inside is outside. Is the handed-down world the world of the true? The whole truth?” On a piece called “Perfect” amongst paint drips and on the blotchy-beige background, Carnwath wrote a paragraph about a Russian schoolteacher who predicted in the eighteenth century that animals would be the first “space travel pioneers.” In the guilt-free zone of this piece are two vinyl records and a map of sorts.

The most intriguing statement of the exhibit is made by one of the simpler pieces in the collection (one of three selling for $55,000). The upper third of the painting is a dirty blue, mixed with grays and browns and greens, and the lower two-thirds are the usual hundreds of layers and paint drips. Where the blue meets the beige, Carnwath questions the validity of painting as a language. Her erratic words read, “If painting is a language, is this thinking or observation?” She then asks if above the words is a picture of the sky or a bluish patch of paint.

In a way, this is the notion challenged by all of the paintings. You can look at them and say, “This is a piece of paper. A vinyl record. An urn. A dude. And is that a dog?” You can also simply take it in as the portrayal of complex human emotions through symbolism, humor, color and depth. Or you can just stare at the guilt-free zones.

Carnwath’s exhibit is showing in the Cuesta College Art Gallery (room 7170) through Wednesday, March 5.
From filmmaker, musician and artist Miranda July comes “No One Belongs Here More Than You,” a compilation of short stories, many of which were originally published individually in literary journals and magazines such as The New Yorker and The Paris Review. While vastly different, all the stories focus on a different aspect of human connection. They revolve around shared patios and shared beds, kisses between friends and lovers, secret meetings and secret hugs, and dozens more quirky ways humans figure out how to connect. In the book, there are 16 stories and 16 different chances for the reader to resonate with July’s beautiful and brilliant mind. Many of the stories are painful to read, not only for their sometimes-graphic details but also for their poignant honesty. July transports the reader deep into each protagonist’s complex psychology enough for us to understand, or at least somehow accept, the inexplicable (and often weird) things they do. A lonely girl hosts weekly “swimming” lessons in her apartment for senior citizens in “The Swim Team,” even though the lessons take place inside on the carpet with no pool at all. Another girl joins a pep show after her girlfriend dumps her in “Something That Needs Nothing.” In a strange way, you don’t feel like you can judge her, since you see her pain through her own eyes. Everything makes some sort of sense, since we’re inside their heads. Indeed, instead of presenting characters to us, July lets them present themselves through their own reactions and experiences. Somehow we come to understand their individual realities and the inexplicable (and often weird) things they do.

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Some of the stories are a bit long, which somewhat detracts from their emotional effectiveness. After seven or eight pages, July’s point sometimes get lost in rambling narrative and over-the-top descriptions of the characters and their interactions. In “The Birthmark,” for instance, the story plot may not make sense, but that’s OK; they’re not really meant to make much sense anyway. If the endings leave you pondering the various unexplained and unaccounted-for scenarios, this is probably not the show for you. If you’re exerting your mind mid-show in an attempt to make sense of the synonymy, you’re better off watching something else.

By the second coarse episode, I admit I considered breaking the DWD plate due to how many times Shake promoted Boost Mobile in the 15-minute time slot. After calming down and reconciling with the show through the Hand Banana episode, I settled into a potential overdose of ATHF and gave mental props to the creators they probably knew what they were doing with Shake wearing gold chains and advertising for a cell phone company. Season five consists of 13 episodes and a plethora of extras. Eleven special features integrate material often equal in quality to the show.

The most recent season of the animated Adult Swim television show was released Jan. 29. The two-disc set starts out slow, focusing on the three main characters: Meatwad, Master Shake and Frylock. I’ll leave it to you to match the name with the descriptions. The deviant main characters often interact with their balding, vulgar neighbor, Carl. Additional bewildering characters add to stories just as peculiar in theme. The story plots may not make sense, but that’s OK; they’re not really meant to make much sense anyway. If the endings leave you pondering the various unexplained and unaccounted-for scenarios, this is probably not the show for you. If you’re exerting your mind mid-show in an attempt to make sense of the synonymy, you’re better off watching something else.

Aqua Teen Hunger Force: The Adult Swim show is back in full force

Frylock, Master Shake and Meatwad star in "Aqua Teen Hunger Force," the Adult Swim show whose fifth season was released on DVD Jan. 29.

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Proposed Rec Center sketches from top left the lobby, the weight room, the multi-activity center and the leisure pool. The expansion plan includes another 14,000 square feet for the weight and exercise rooms.

Expansion
continued from page 1
but I think the additional $65 is a little expensive, especially if you don’t use the Rec Center or its facilities,” she said.
Other students feel the expansion is a good idea because it will shorten wait times and bring in new resources. Graphic communications freshman Jake Goble plans to vote yes on the issue.
“There will be a lot less waiting and they will have a lot more cardio machines,” he said. “I usually lift weights and I’m just recently getting into cardio, so I’m happy about that.”
Civil engineering junior Andrew Santos also supports the proposal.
“A lot of times when I come to the Rec Center, it’s really hard to get onto the basketball courts and play. I think it’s a good idea to expand the number of courts so there’s less waiting,” he said.
Still, others feel the proposed facilities will do very little to ease congestion and meet students’ needs. Biology senior Blythe Nye has given up on the Rec Center altogether and now uses a gym off campus.
“It’ll be cool for the people who use it, but it makes me kind of wonder about what other things they could be doing with that money,” she said. “I don’t think that making the place bigger will help that much; it will just be a larger space that gets even more crowded than before.”
With so many differing opinions, this week’s vote will be the determining factor as to whether the Rec Center expands. According to Souza, ASI is not pushing for the verdict to go either way but is rather hoping to bring the best amenities to campus that will
Students decide if Recreation Center will LEED the way

Kory Harbeck
MUSTANG DAILY

Students voting on the Recreation Center expansion will be asked to answer an exit-opinion poll as to whether the construction should be Leadership in Energy and Environmental Design (LEED) certified.

In the planned version of the poll, only students who voted yes were permitted to participate in the exit poll. Associated Students Inc. recently altered the voting structure to allow all voting students to voice their opinion.

"Everyone should be able to share their opinion on LEED certification regardless of their stance on expansion," environmental management senior Antoine McGrath said.

If the expansion referendum passes, the student opinion poll will be used as a guiding light for the design process. LEED is a building rating system of the United States Green Building Council created to encourage green design and implementation.

Current California State University policy is that new construction projects adhere to LEED equivalency standards, but the Green Campus program and Empower Poly Coalition are encouraging students to push for certification.

"With the Rec Center, students have the opportunity to implement what the university failed to do," Worth said. "In essence, students can LEED the way."

If the entire student body is polled, Worth continued, "If the entire student body is polled, I'm confident there would be overwhelming support for LEED certification." McGrath said.

If the Rec Center were to be LEED certified, it would not alter the proposed $65 increase in student fees or any of the other items planned in the expansion referendum. Sustainability of the building is still nearly two years away, "the recent court case seems to be driving a greater interest in retrofitting on the part of owners," Clark said.

Capers continued from page 1

by hand.

Claire Clark, economic development manager for the City of San Luis Obispo, said it is not certain whether the building will be demolished. That decision will not be made until its owners have made a complete evaluation of seismic risk.

She did note that "there are certain aspects of the building that make it difficult to reuse."

Expansion continued from page 6

meet students’ wants and needs. As an avid user of the Rec Center, however, he thinks the plan presents numerous benefits.

"We have a significant amount of students who have gone elsewhere and we're hoping to bring them back on campus," he said. "Rec Centers of the future are geared to a whole wellness aspect. It's definitely not just barbells and treadmills anymore. It's a lot more."

If the idea doesn't pass, ASI plans to continue offering the same resources and activities for students as it always has.

"We're here to initiate what the students want," Broom said. "If they say that they don't want a Rec Center expansion, then we'll continue doing what we do — bringing in concerts, running the Craft Center, and perhaps at a later date we'll get a new Rec Center in for them."

The online voting will be open to all Cal Poly students Wednesday and Thursday from 7 a.m. to 7 p.m. and can be accessed through my.calpoly.edu.

Café Cristiano and the neighboring Photography 101 shop aren't the only businesses to face retrofitting problems, but they are unique in the sense of urgency surrounding their move. Following the San Simeon quake, the city moved deadlines for reinforcing masonry buildings from 2012 to 2010. However, even though that deadline is still nearly two years away, "the urgency surrounding their move."

For more information, visit www.zionslo.com or call 543-8327.
EDITORIAL

Something's rotten at Cal Poly

It's a familiar scene. You go to the Cal Poly Recreation Center in hopes of fitting a 30-minute workout into your day, but surprise — once you get there, you find that you're not the only one with this plan. It's you versus the mass of exercise-craving, hopefuls and, unless you're willing to wait, it's not worth your time.

Wednesday and Thursday will mark the first steps toward amending this ongoing problem. Students will have the opportunity to vote on their my.calpoly.edu portal on not only whether the Rec Center should be expanded, but also whether it should be a more environmentally friendly, LEED-certified building. But there still remain some inherent problems behind this referendum.

As it is, Cal Poly students pay a total of $42 each quarter to Associated Students Inc. $35 each quarter for the Rec Center's facilities and programs and $7 to use and maintain the Sports Complex, which includes Daggert Stadium and the upper and lower sports fields off of Highland Drive and Via Carta Road. Now the proposed referendum would tack on an additional $65 to that — bringing it to a total of $107 per quarter.

What this means is that 10 years from now, any given student will be paying at least another $3,100 more than what we're paying now for four years of Rec Center usage, summers not included. In fact, none of us will even be around to fully appreciate the completed building except for this year's freshmen class — and that's assuming they'll stay for a fifth year.

As it is, there are students now who don't use the Rec Center and there will always be students like this. Who's to tell them that they should fork over an additional $1,300 for a service they don't even use?

Then there are the students who fulfill their exercise needs at an alternative local gym. Club 24 charges $35 a month in addition to $135 when a customer first enrolls.

Kennedy Club Fitness representatives said that most Cal Poly students pay about $30 each month, while Gold's Gym estimated that the average membership is priced at $39 to $49 per month, which does not include a significant discount for Cal Poly students. Either way, all three options end up being comparable to what students will pay if and when the Rec Center is expanded.

Given what these future students would be obligated to pay for the Rec Center alone should the referendum pass, it would be incredibly unwise to even think about joining another gym when it costs so much just to use the one on campus.

There's no doubt that there is a problem at the Rec Center. As at ASI University Union Advisory Board meeting on Oct. 9, it was reported that an average of 200 students entered the Rec Center between 5 and 8 p.m. and it's given that the enrollment at Cal Poly is only going to increase. Just look at 14 years ago when the Rec Center was first built — 16,330 students were enrolled at Cal Poly as opposed to the 19,777 students enrolled as of fall 2007. Naturally, Cal Poly as a whole is going to have to accommodate expansions in various forms over the next 30 years.

For a project that will cost approximately $71 million, this still leaves ASI with a nice chunk of change. When 20,000 students are charged $65 for 12 quarters, that accumulates $177 million — a far greater number than the $71 million needed. And this number doesn't include summer fees and future enrollment increases.

But let's look at what is necessary here. Gym-goers would certainly benefit from a more modern equipment and cardio room and the proposed plan calls for these facilities to triple in size, allowing the maximum capacity to accommodate more than 300 people.

As for the pool, records from the Oct. 9 UOAB meeting show that more than 6,000 people used the pool in September, comprising a significant portion of campus.

But do we really need a leisure pool? Sure, it looks pretty, but Cal Poly is a university — not a resort. And don't forget that Poly Canyon Village, which is opening in fall 2008, will house its own swimming pool.

So needless to say, Cal Poly will have pools. Let's not worry about that.

Now to top it all off, the proposed plan calls for a Multi-Activity Center. Looking more closely, however, this center doesn't sound as though it would be all that different from the current gym that currently hosts concerts, Week of Welcome, job fairs and more.

Officials say that the new and improved gym will offer better acoustics to provide a higher quality concert experience. And the gym's suggested safety padding and indoor soccer capabilities sound like perks, but really, are people getting thrown into the walls on such a consistent basis and suffering from playing soccer outside after the new center is warranted? Are the concerns at present so lacking that we should pay millions to improve the quality? What's wrong with what we've got right now?

ASI needs to really look at what matters here and whether all students should be obligated to pay a fee for a utility that may mean nothing to them. Keep in mind that over the next 30 years, student fees will undoubtedly increase and Cal Poly may not always be known as a great deal in terms of what it costs to get an education here.

It's only been 14 years since the Rec Center came into existence. By voting "Yes" for this referendum, you are essentially committing the university and all future students to this Rec Center for the next 30 years. Fourteen years from now, there's no turning back and saying "time to vote for a new Rec Center?" If Cal Poly is going to do this, it should be done right.

While the referendum about to take place is commendable in that students have greater access to voting, the current referendum as it stands simply does not warrant a "Yes" vote.
Hi Sarah,

It seems that I've always had a problem keeping myself hydrated. But when I think about it, I do have a significant amount of liquids in my daily diet. However, in my most recent article, you stated that one should drink eight glasses a day. From my standpoint, that sounds ridiculous! How do I get more water into my diet without making it feel like a homework assignment?

Thanks for the help.
Zachary Rosenthal
computer engineering sophomore

Check your PULSE
by Sarah Bailey

Although there are many theories about the amount to drink, a safe bet is to drink at least eight cups of water each day to make sure you are properly hydrated. If you're working out regularly, you should ideally drink even more than eight cups. According to the American Dietetic Association, the average adult loses about two-and-a-half quarts, or about 10 cups of water daily. To maintain your body's fluid balance, you need to replace it each day.

Next to air, water is the element most necessary for survival. A normal adult is 60 to 70 percent water. We can go without food for almost two months, but only a few days without water. Yet most people have no idea how much water they should drink. In fact, many live in a dehydrated state.

It's hard to figure out what counts toward your recommended daily intake of water with so many conflicting opinions out there. Coffee and tea do not contribute to keeping you hydrated; caffeine acts as a diuretic, causing you to excrete excess fluids and important vitamins and minerals. Carbonated drinks won't help because it takes more water to digest the carbonation than you are consuming with the beverage; so you end up losing water. Juice can contribute to your fluid needs, but because it takes some water and energy stores to metabolize all that sugar within your body, you're better off with just plain water. Ice doesn't hydrate you either because it takes your body energy to melt it to 98.6 degrees, causing you to lose more fluids than you actually gain. Sports drinks contain electrolytes and may be beneficial; just know that added sugar and calories that you don't need.

The minimum for a healthy person is eight to 10 eight-ounce glasses a day. A good estimate is to take your body weight in pounds and divide that number by two. A healthy diet and exercise are also essential in maintaining your daily fluid intake.

Equal amount of water.

When you are traveling on an airplane, it is good to drink eight ounces of water for every hour you are aboard the plane. If you live in an arid climate, you should add another two servings per day. As you can see, your daily need for water can add up to quite a lot.

By not drinking enough water, many people incur excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, headaches, lower back pains, increased toxins in the body, joint and muscle soreness, and water retention. It seems a little ironic, but fluid retention can sometimes be eliminated by drinking more water.

If you get bored with plain water, add a bit of lemon or lime for a touch of flavor. There are some brands of flavored water available, but watch for extra calories.

Your intake should be spread throughout the day and evening. If you are active, your bladder tends to adjust and you urinate less frequently, but in larger amounts. By consuming 10 to 15 glasses of water during the day, you can be on your way to a healthier, more hydrated you.

If you have water handy at all times by keeping a bottle for water with you when you are working, traveling, or exercising. One thing I do is always keep a glass of water next to me as I study. The bathroom breaks are a good reason to get up and get the blood flowing every now and then.

If you notice that your urine is pale yellow or almost clear, congratulations, you are hydrated, my friend.

Getting my facts straight

First off, I would like to apologize to Mr. Chippe. If the anger I felt reading her response to me is any indication, what I said implied something that I didn't mean. There's a lot in this world of PI and not knowing something, it was only for lack of space.

I would like to start this apology off by acknowledging what PI's contribution to Poly's campus was. The "Bringing Bia to Class" essay was written by a Mustang Daily correspondent. As such, the conservative columnists don't deserve the blame I gave them for that article (although I enjoy Ms. Gallant's writing, I was too lazy to be lacking not due to writing but poor choice of topic). Even Mr. Chippe's article wasn't very heavy on the "poor me" feeling. I was primarily referring to the article "How I Joined the Dark Side," which feeds into a general siege mentality that I get when I listen to conservative news, the feeling of always being under attack.

Relating to my "schizoid" comment, I was not referring to the five different columnists. I enjoy that; it broadens the views expressed in that section of the paper (I'm glad the liberal side also has added a second columnist). I was referring to the dichotomy between the "seige mentality" I felt from "How I Joined the Dark Side" and the vicious side not long ago in "Wanted. Rational, Reasoned, Logical Liberal" (by the same author).

My writing about the conservative column is actually because it's one of the parts of the paper I care the most about. The conservative column is the part of the paper that exposes me to opinions that I can't generate in my own head. The reason I write so many complaints isn't because I disagree with the opinions expressed (I actually welcome that), but because I feel the conservative argument is poorly developed in a persuasive sense. When I have conservative friends who tell me that they are embarrassed to be associated with the argumentative style put forward in the part of the paper they agree with, I feel there is something wrong with it.

Anyway, since I don't want this article to be entirely negative, I'd like to mention some thing the conservative side of the opinion page I enjoy. I enjoy the opportunity every week to read the opinions of people who I generally don't agree with; it gives me the chance to broaden my horizons beyond my standard liberal opinions. I also very much enjoyed Mr. Elver's most recent column, "Support Poly Professors First." I found it to be well-thought out and researched and put forward a persuasive argument for the conservative viewpoint on the matter regarding Poly's proposed exclusions of professors.

I hope to read many more good conservative articles like this one. I'm not much of a Cal Poly fan. After all, as Pat Paulsen said, "Assuming either the Left Wing or the Right Wing gained control of the country, it would probably fly around in circles."

Troy Kuersten is an aerospace engineering and physics senior and a Mustang Daily guest columnist.

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The minimum for a healthy person is eight to 10 eight-ounce glasses a day. A good estimate is to take your body weight in pounds and divide that number by two. That gives you the number of ounces of water per day that you need to drink. For example, if you weigh 160 pounds, you should drink at least 80 ounces of water per day. If you exercise, you should drink another eight-ounce glass of water for every 20 minutes you are active. If you drink alcohol, you should drink at least an equal amount of water.

When you are traveling on an airplane, it is good to drink eight ounces of water for every hour you are aboard the plane. If you live in an arid climate, you should add another two servings per day. As you can see, your daily need for water can add up to quite a lot.

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CostBuy Hundreds of Games Easy shopping
Mendes continued from page 12

"It doesn't really bother me too much," Mendes said. "I've always been really close to being at the top, but just have never been quite there. I'm actually just being in the moment, taking this all in and liking it."

A Pac-10 champion in 2006, Mendes cited Cal State Fullerton junior Toddy Anzong, Arizona State freshman Chris Drouin and Boise State freshman Eli Hutchinson among those who might give him the most trouble at the conference championships.

"We've been training to win the Pac-10," Mendes said of his Mustangs (5-8, 4-4 Pac-10), who figure to also be led by sophomore Chase Pami (21-4), now No. 11 at 157. "Everyone does a little better than expected to do in rankings, we can win this, and a lot of the guys on the team are starting to know it, and it's starting to show."

Following the Pac-10 finals, held in Eugene, Ore., beginning at 11 a.m. Sunday and going through Monday, Mendes will turn his attention to the NCAA Championships, held in St. Louis March 20 to 22.

"There are guys out there I haven't wrestled," Mendes said. "I sometimes wonder about that, but it's not something I worry about. I've just got to keep my eyes on the title. I can't let that kind of stuff hold me back or scare me."

Azevedo doesn't seem worried, either.

"Some kids, if they lose early in the season, it sometimes inhibits or releases the pressure of being underseeded," he said. "I've seen that, where, 'OK, I've lost and I'm not thinking about that anymore,' but I think as far as Chad is concerned, and we're concerned, the goal is to go undefeated and be a national champion."

Regardless of what transpires at the end of his pursuit of perfection, Mendes likely won't forget the simplest reason for his commitment to the sport: the fun of it.

"It's been fine," he said. "Some people keep asking, 'Is it going to get to you?' and that kind of stuff, but it doesn't bug me. This thing is fun and it doesn't get to me. It's all fun to me."

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Purely for the love of the game

Junior shortstop named in preseason as one of the country's 50 best players stays focused in leading Cal Poly's attempt to return to the NCAA Tournament

Raiza Canelon

Melina Pura has always thought of herself as somewhat of a tomboy. Starting at 5 years old, she began to play baseball with boys until she was about 12, when her dad coaxed her into playing for softball clubs in her hometown of Salinas.

"I owe all of my success in softball to my dad," Pura says. "He really believed in me."

Pura, 21, is a marketing junior at Cal Poly, and she's also minor-ning in wine and viticulture. Her true passion, though, is softball, and it's paid off.

After being named in January (along with 49 others across the country) to the USA Softball Watch List for the National Collegiate Player of the Year award, the shortstop has hit .310 through 13 games this season. She leads the Mustangs (5-8) in triples (one), home runs (two), slugging percentage (.621), walks drawn (12), on-base percentage (.556) and stolen bases (two, on two attempts).

Of course, such leadership shouldn't come as a surprise. A year ago she set a single-season Division I Cal Poly record with 48 RBI and led the Big West with 12 doubles, while also finishing in its top 10 in batting average (.364), hits (60), runs (34), home runs (10), total bases (110), and both slugging (.667) and on-base (.412) percentage.

As a freshman in 2006, she paced the Mustangs with 11 home runs while playing every inning at first base in all of Cal Poly's 50 games.

Pura has come a long way since her childhood days playing baseball with the boys, but remains modest, due in large part to her family — made up of accomplished athletes in their own rights. Her older sister Megan played volleyball at Santa Clara, while her little sister Caitlyn plays softball as well and hopes to attend Cal Poly to follow in her big sister's footsteps.

Pura's love of the game grew even more at Notre Dame High School in Salinas, an all-girls school where she was a four-year letterwinner while leading her team to four-straight Tri-County Athletic League titles.

"I love playing so much — it's been my thing for a long time," she says. "Baseball is our country's national pastime. I love watching and playing — it takes real dedication."

Although a standout, Pura emphasizes the necessity of commitment on a team level, exemplified by the Mustangs' Big West Conference title last season, and acknowledged by Big West coaches, who voted Cal Poly as the conference favorite heading into this campaign.

"How much you're going to put in is how much you'll get out of it," Pura says. "We work out all year and it's frustrating that our games don't start until February. As in any sport, you have to be committed to the team, the coaches, the program — every individual has to come together."

Pura says one of her most important strengths on the field is being vocal, involved in every play, relaying what the captains are yelling, checking in with infielders and making sure everyone stays on their toes.

"Melina has many strengths," says Jenny Condon, head coach of the Cal Poly softball team. "She is extremely talented and athletic. She is a great leader and a hard worker. She is super competitive and loves to compete."

In spite of her laurels so far, Pura, who could be looking forward to a professional career, stays grounded in the present.

"I would consider a career in the pro league if women's softball was equal with men's Major League Baseball, but unfortunately it's not, so I am really concentrating on my studies and getting a good career," she explains.

The 2007 All-Big West First Team selection says she wants to study abroad, possibly through viticulture classes in another country like Australia or Italy at some point before graduating.

"I would love to continue playing, but I am going to be ready to start my career," she says. "Who knows! I would love to be involved in my sister's game, helping her out, or even coming back to Cal Poly to give pointers. That would be cool!"

Condon espouses all the confidence in the world regarding Pura's future, whatever it may hold in store.

"She has the opportunity to play as long as she wants," Condon added. "And she definitely runs the pace of the game."

NICK CAMACHO MUSTANG DAILY

Junior shortstop Melissa Pura leads Cal Poly in six offensive categories after earning an All-Big West First Team selection last season.

Top-ranked Mendes still striving for perfect season

Cal Poly senior 141-pounder Chad Mendes could soon become the first Mustang to win a national championship since 1976.

Senior 141-pounder leads Cal Poly into Pac-10 Conference Championships this weekend

Donovan Aird

More than 1,500 yearning fans heard the announcement they'd been waiting for: No. 1 vs. No. 2.

"At Oklahoma State, it was intense," said John Azevedo, head coach of the Cal Poly wrestling team. "They make the announcement, 'No. 1 and 2,' and their fans are going wild."

But neither his second-ranked counterpart nor the rabid throng of onlookers in Stillwater, Okla., on Feb. 16 could phase Cal Poly's Chad Mendes, the top-ranked 141-pounder in the country.

After twice trailing, at 2-1 and then 3-2, Mendes took down Na-

The amount of RBIs Pura ac-
counted for as a sophomore in 2007, setting a single-season school record at the Division I level.

TUESDAY, FEBRUARY 26, 2008

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